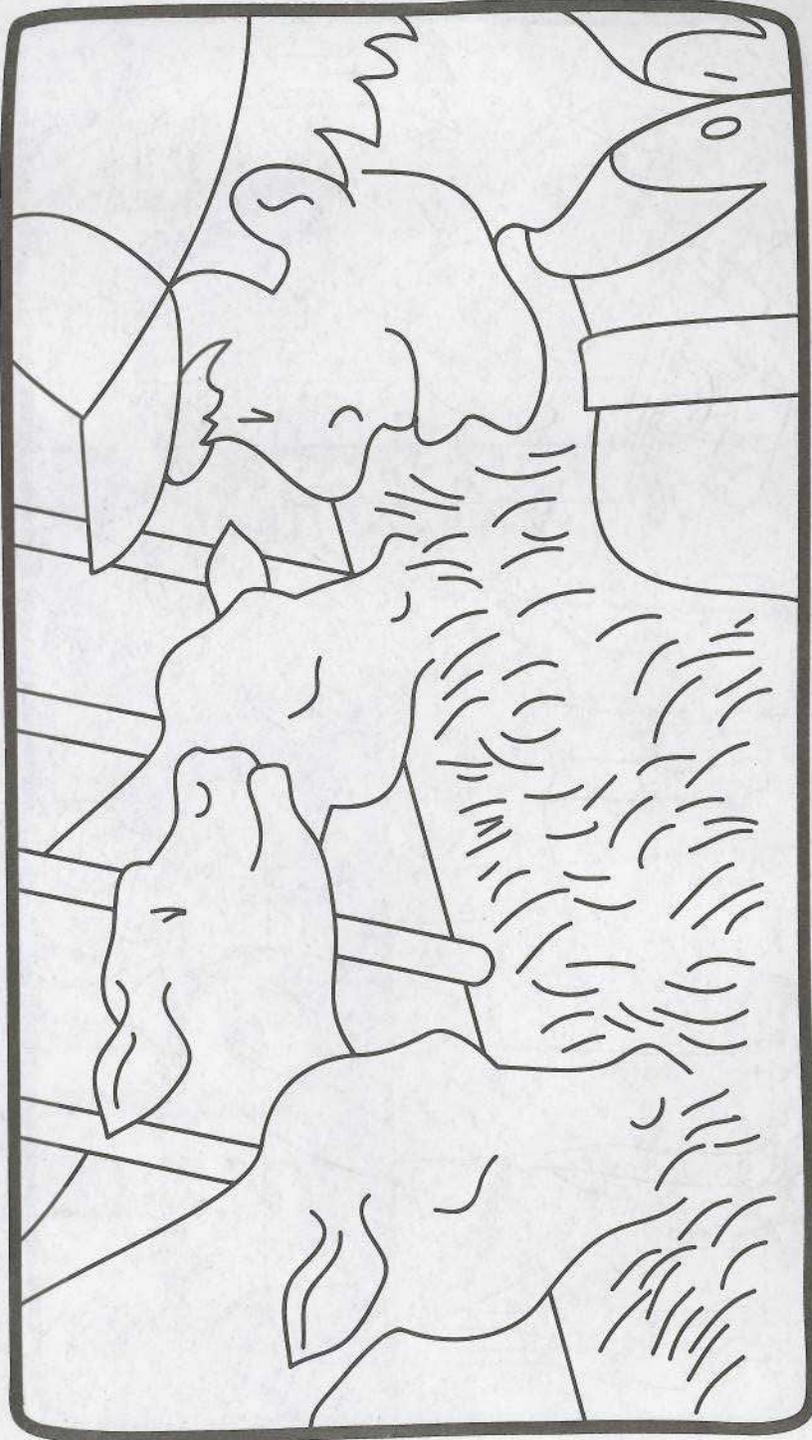


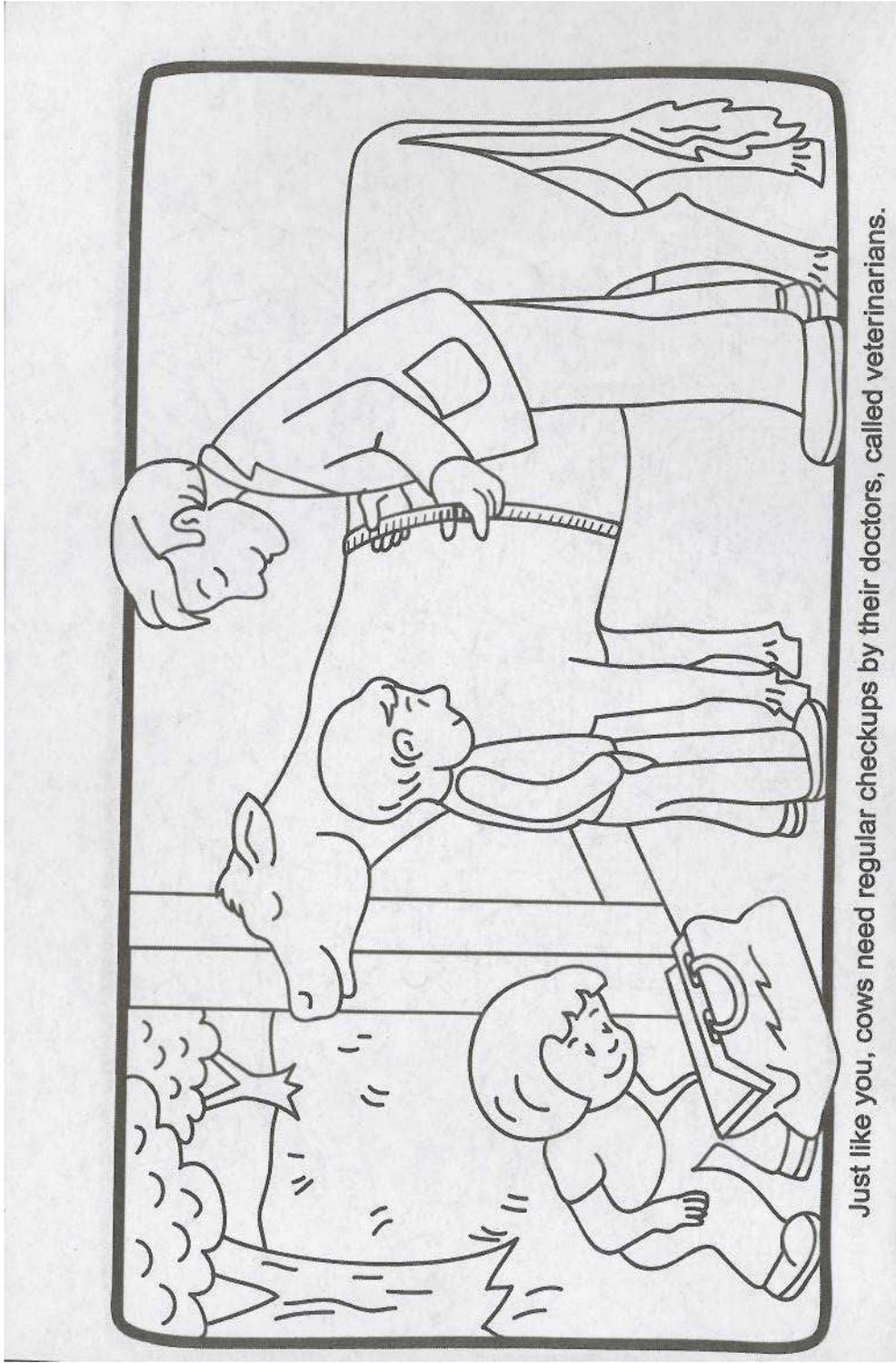
THE MILK STORY

COLORING BOOK

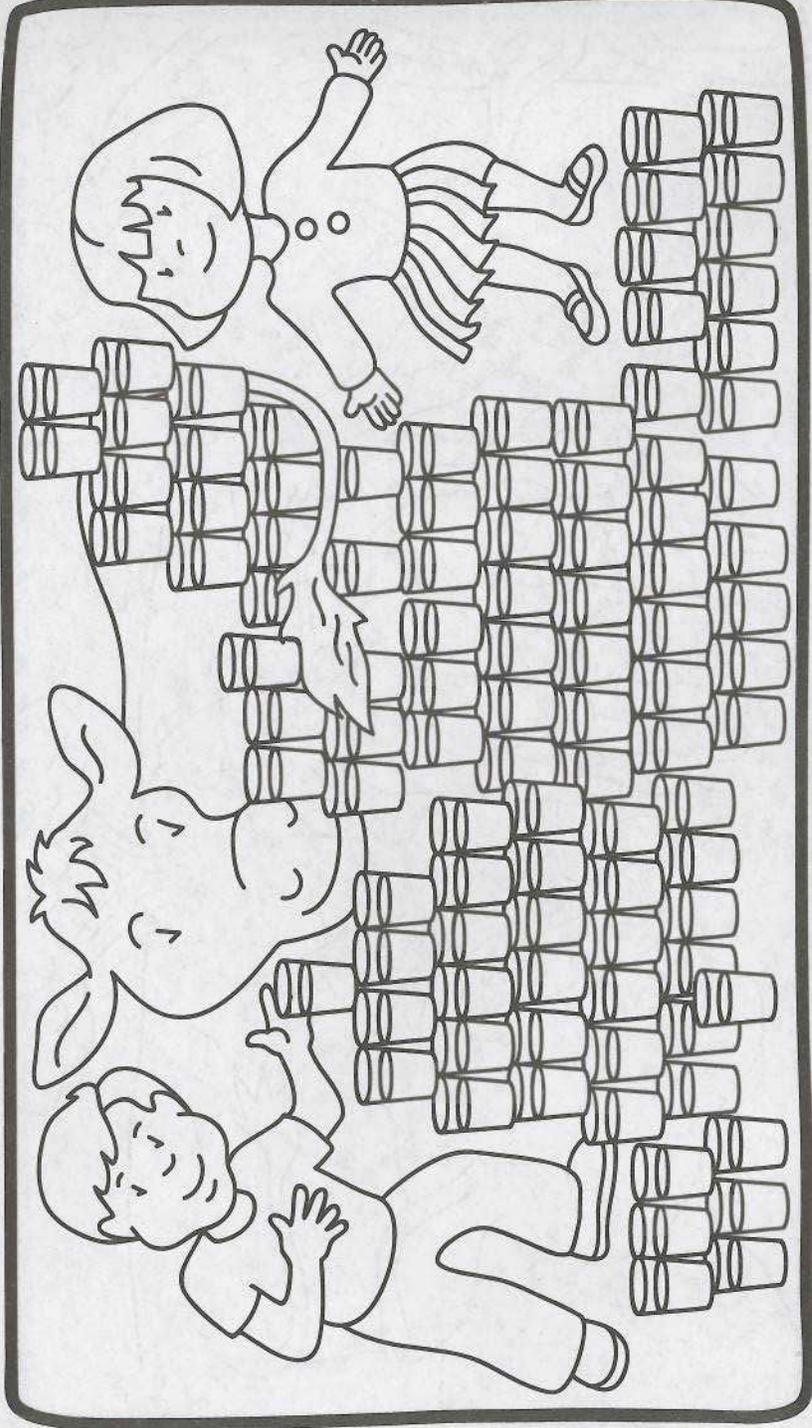




Dairy farmers feed cows a balanced diet to keep them healthy so they make a lot of milk.



Just like you, cows need regular checkups by their doctors, called veterinarians.



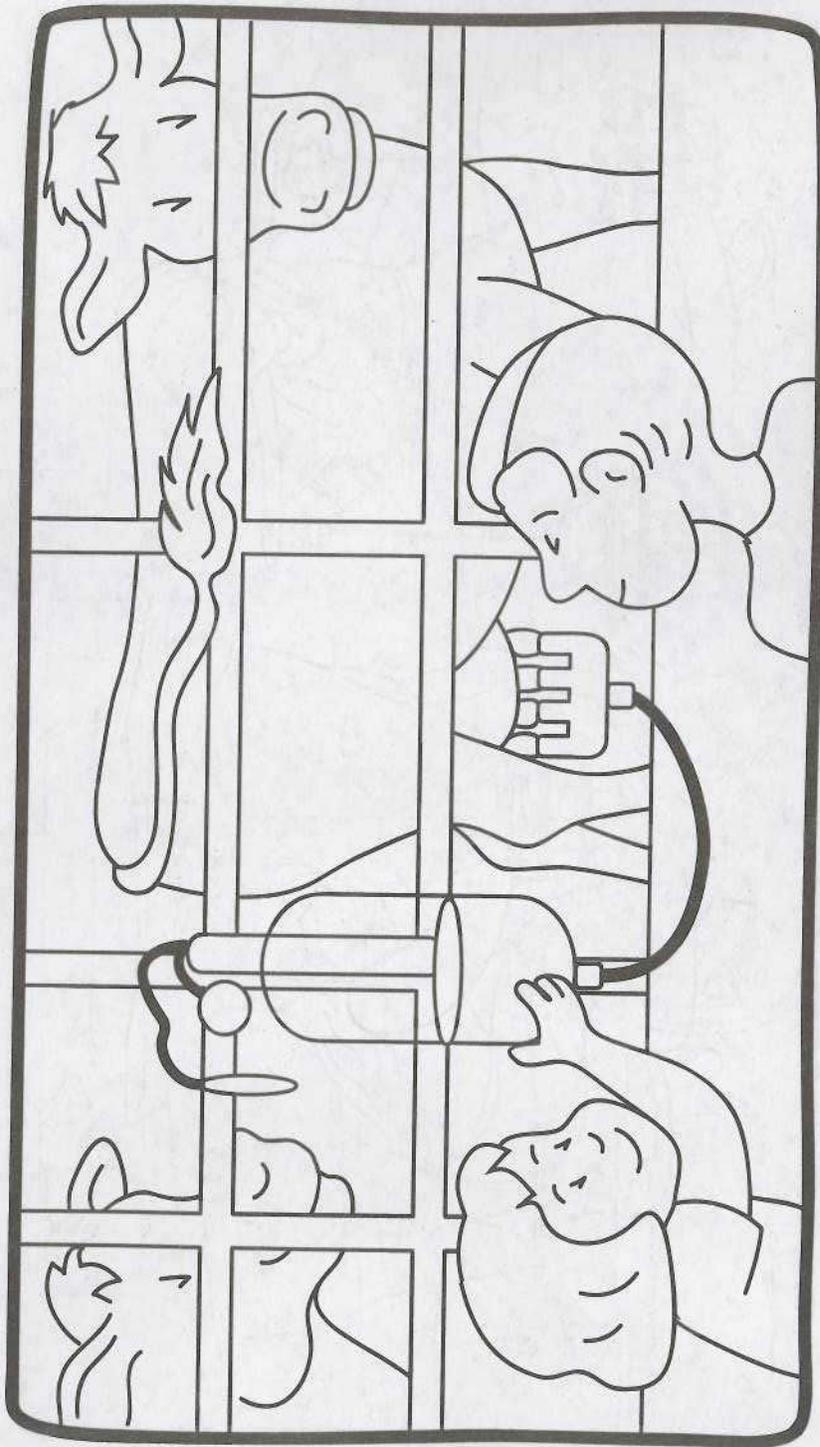
A well fed cow can give up to 100 glasses of milk each day.



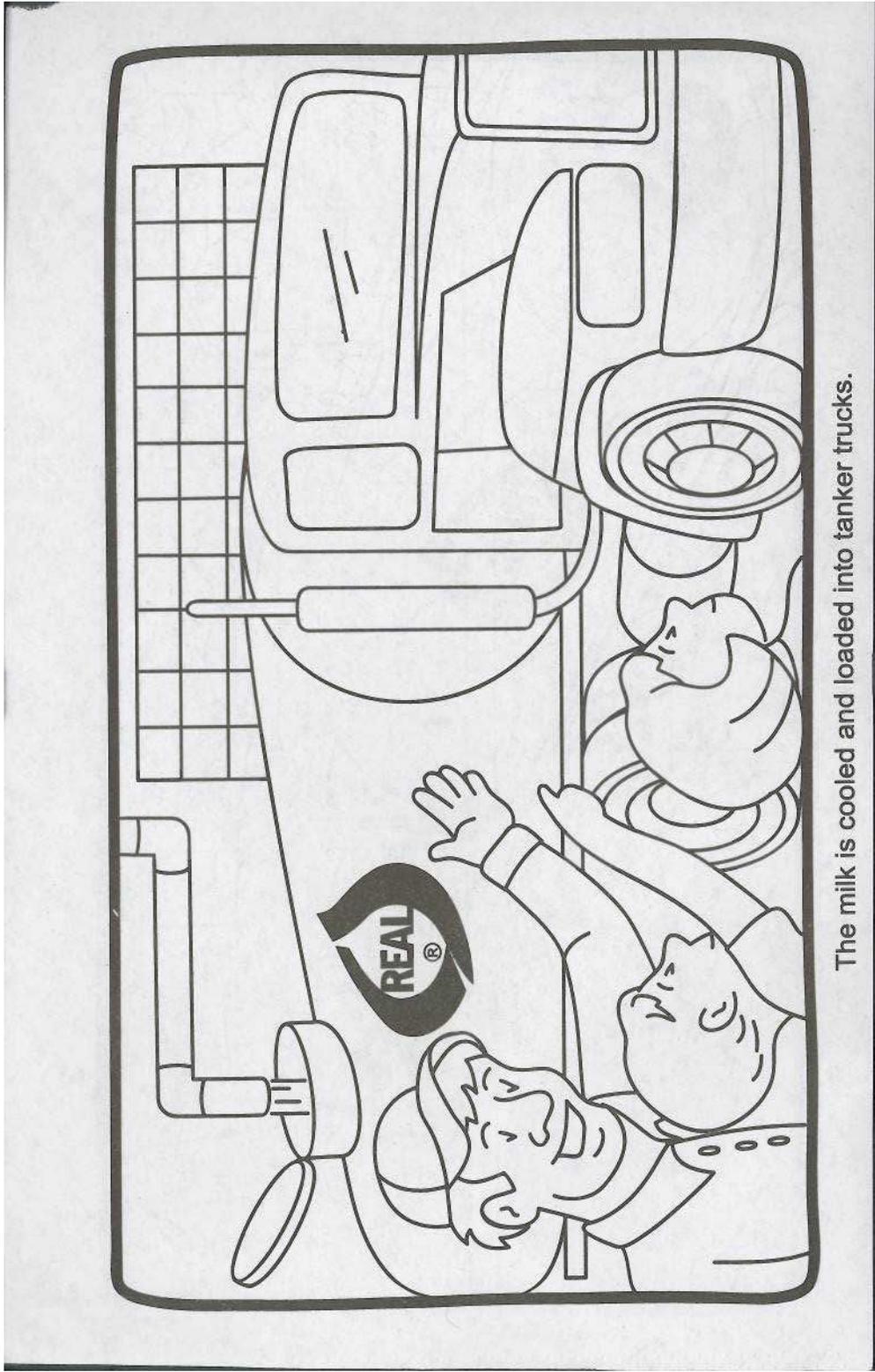
Most dairy farmers have many cows. They are milked twice a day.



Years ago, cows were milked by hand.



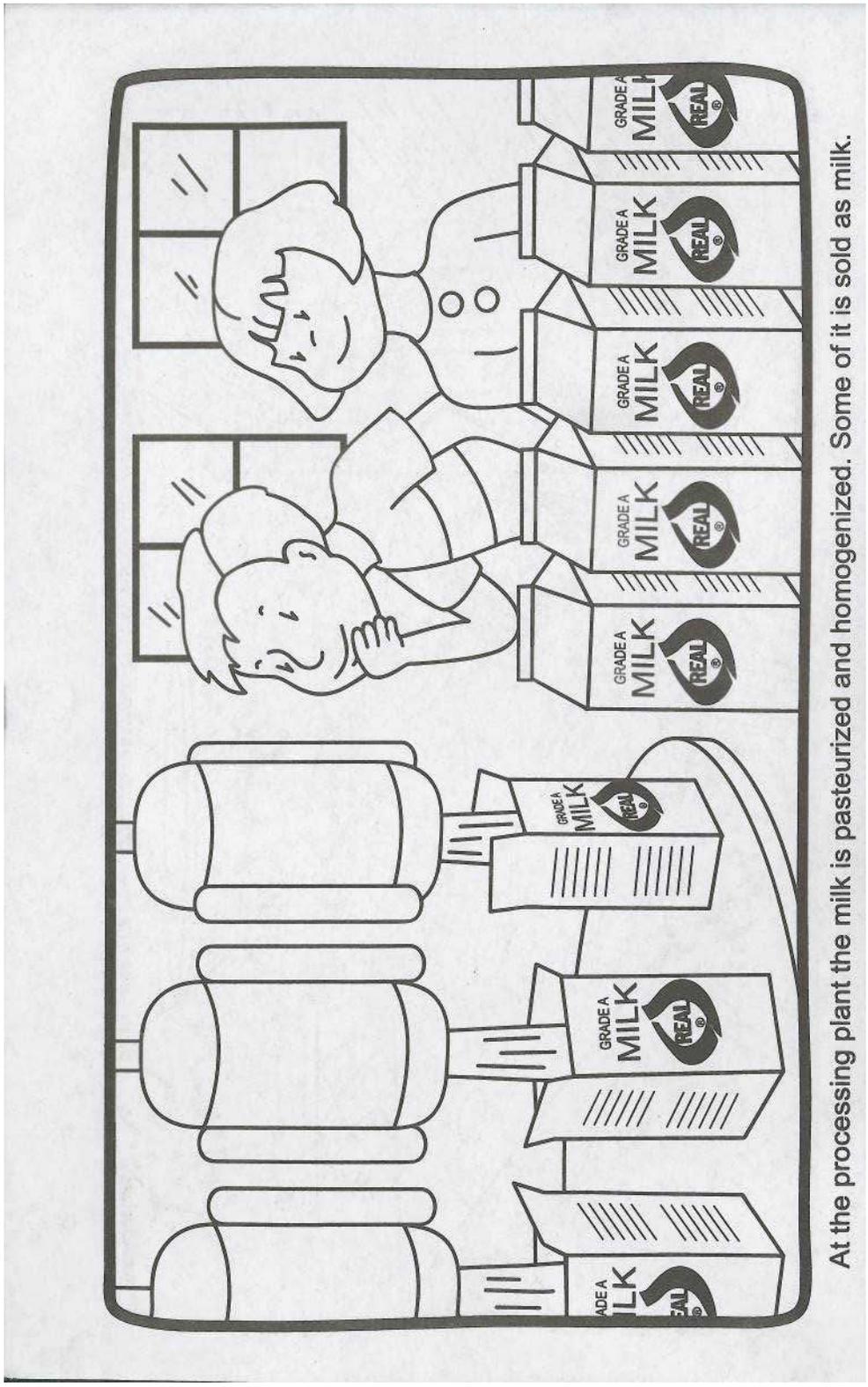
Nowadays, cows are milked by machine. Milking never hurts the cows.



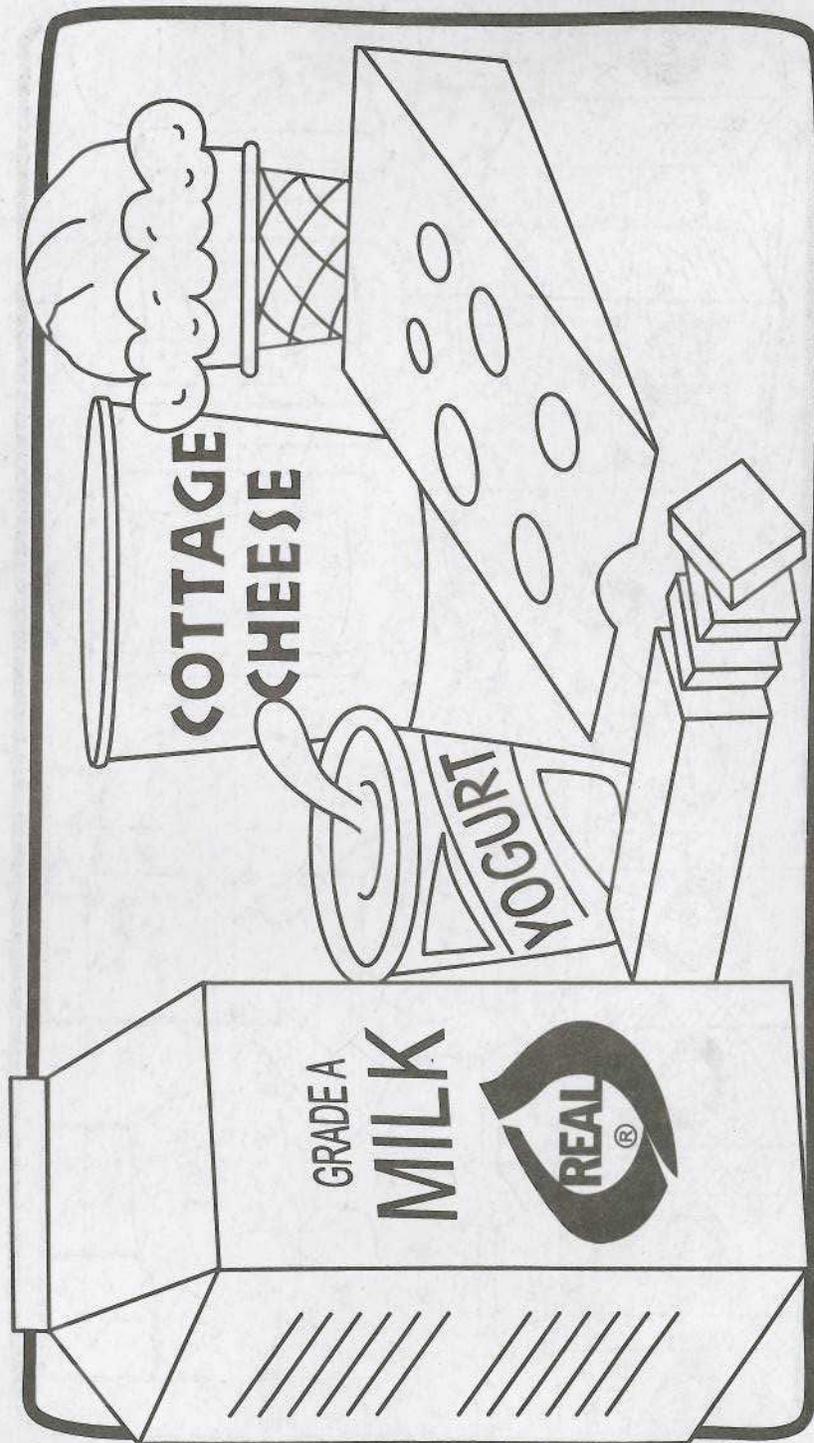
The milk is cooled and loaded into tanker trucks.



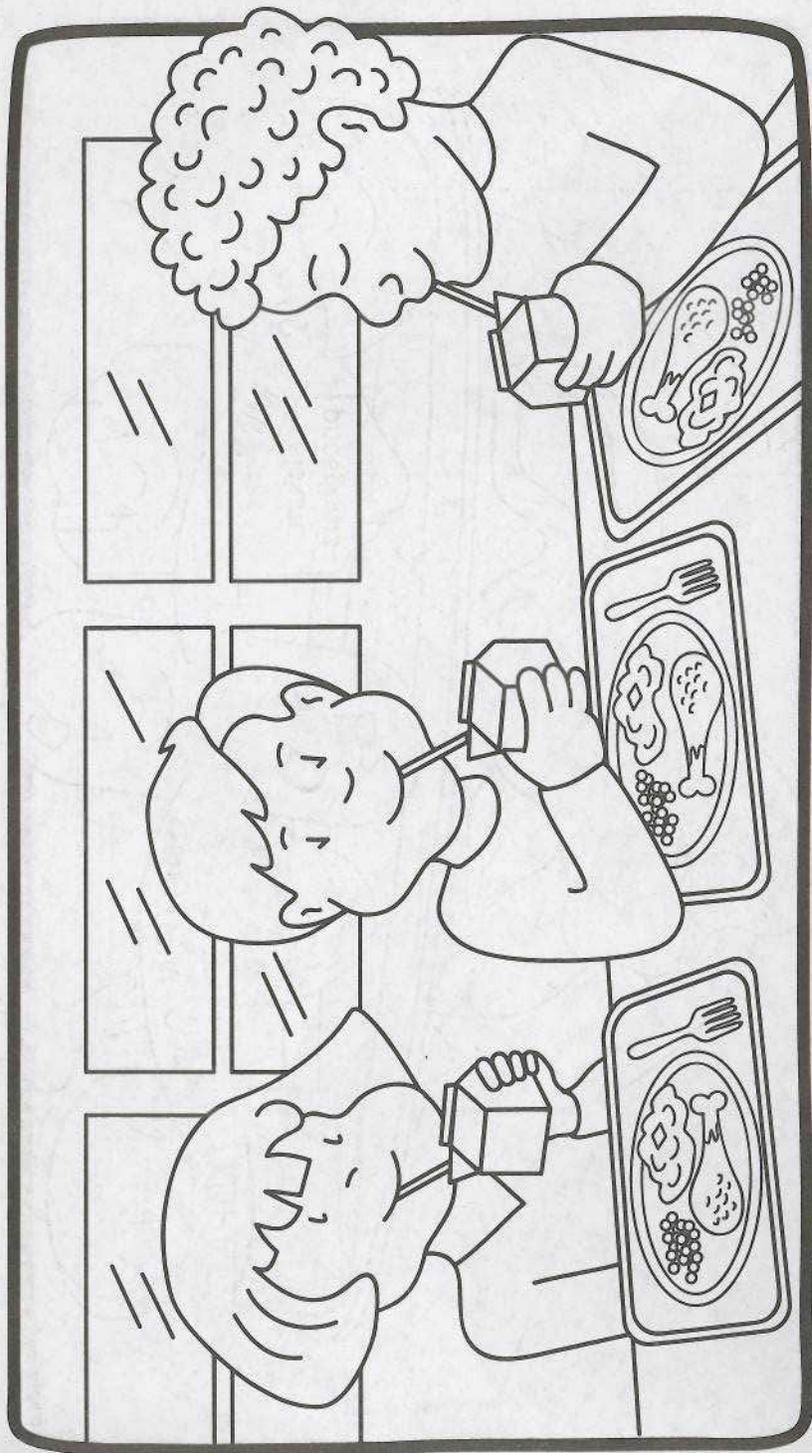
The trucks take the milk from the dairy farm to the dairy processing plant.



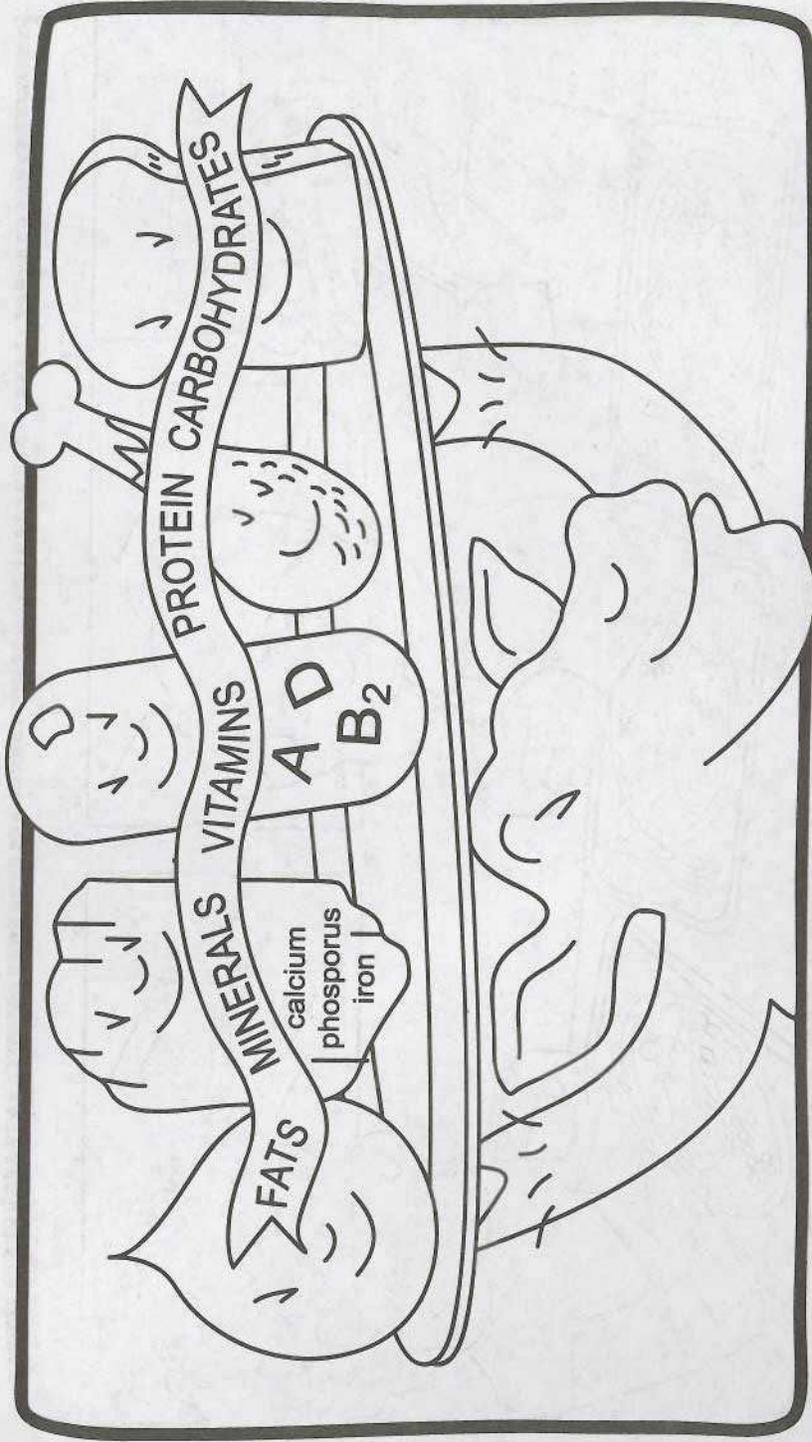
At the processing plant the milk is pasteurized and homogenized. Some of it is sold as milk.



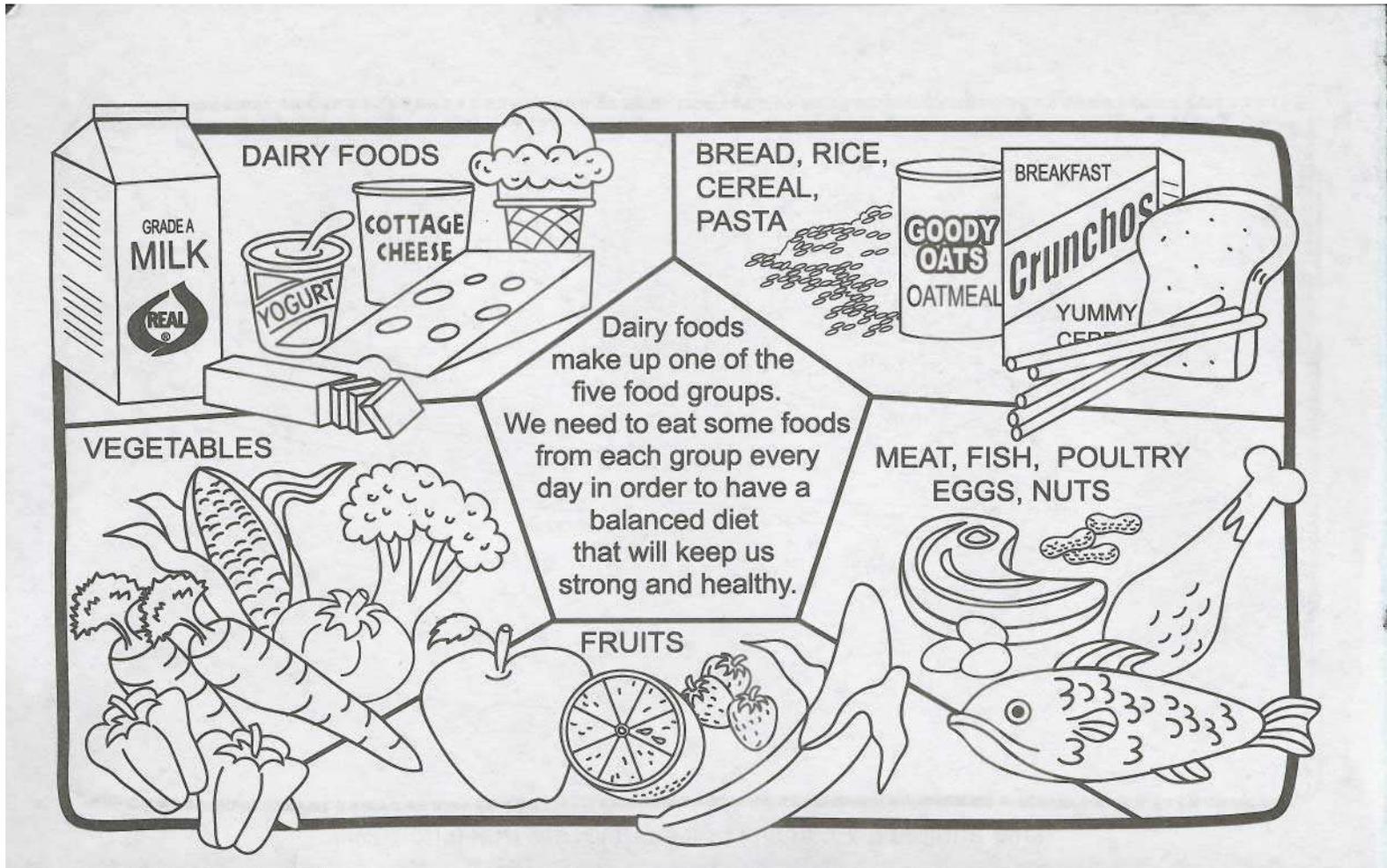
Some of it is used to make dairy foods such as yogurt, cheese, ice cream, and butter.



Dairy foods are good for you. They are part of a balanced diet.



Milk is full of good things that keep you healthy and strong.



DAIRY FOODS

BREAD, RICE, CEREAL, PASTA

VEGETABLES

FRUITS

MEAT, FISH, POULTRY, EGGS, NUTS

Dairy foods make up one of the five food groups. We need to eat some foods from each group every day in order to have a balanced diet that will keep us strong and healthy.